

CHECKLIST FOR REDEEMING
WIC COUPONS

- The ID/VOC Folder or Proxy Information on the ID/VOC Folder must be presented at the beginning of every transaction.
- WIC coupons cannot be used before the “starting date” or after midnight on the “expiration date”.
- Make sure the foods selected are WIC authorized and are grouped by coupon for checkout.
- The total actual dollar amount of the WIC food items purchased must be entered on the coupon in black or blue ink only (no gel pens) by the cashier.
- The authorized person or proxy must **sign** and **date** the coupon **after** the dollar amount is entered.
- The signature on the coupon must match the signature on the ID/VOC Folder or Proxy Information on the back of the ID/VOC Folder.
- Rain checks are not allowed.
- Manufacturers’ and cents off coupons and any store promotions **may be** used with WIC coupons, including free food.
- You have the right to complain about improper vendor practices.

TO REPORT ANY
VENDOR OR PARTICIPANT
PROGRAM ABUSE
CALL THIS TOLL-FREE HOT LINE:
1-800-CALL-WIC

**Help WIC serve you. Choose lower price
foods when you shop.**

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Breastfeeding is best for your baby

MICHIGAN



FOOD CARD

Effective: December 3, 2007

Michigan Department
of Community Health



Jennifer M. Granholm, Governor
Janet Olszewski, Director



Authority: P.A. 368 of 1978 • MDCH-0237 • Rev. 12/07
MDCH is an Equal Opportunity Employer, Services and Programs Provider.
487,000 printed at 0.077 cents each with a total cost of \$37,874.7.

MILK
No organic allowed.

- Whole Milk
- Reduced Fat Milk (2%)
- Low Fat Milk (1% or 1/2%)
- Fat Free Milk (skim)
- Buttermilk

TYPES LISTED BELOW
ARE ALLOWED
ONLY IF LISTED ON
THE COUPON OR
SHOPPING LIST

- Powdered (nonfat dry)
- Evaporated (whole or skim)
- Goat’s Milk
- LACTOSE FREE MILK
 - Dairy-Ease (all types)
 - Lactaid (all types)
 - C.F. Burger Creamery Lactose Free Milk (all types)
 - C.F. Burger Creamery Calcium-Fortified Lactose Free Milk (all types)
 - Dean’s Easy (all types white only)

NOT ALLOWED

- Flavored Milk (chocolate, strawberry)
- Soy Milk
- Guernsey Milk
- Value Added Milk (Kid’s Milk, Fit Milk)
- Vitamite
- Glass Bottles
- Unhomogenized



FUTURE FOOD PACKAGE CHANGES

Reduced/low fat milk for children
over 24 months and women

Did you know...

- Reduced/low fat milk (skim, 1/2%, 1%, and 2%) has the same healthy nutrients as whole milk, but with less fat and fewer calories.
- Milk, no matter the fat content, is an excellent source of calcium and other minerals, protein, B vitamins, and vitamins A & D.
- Unlike adults and children over 24 months old, children between the ages of 12- 23 months need the fat from whole milk for growth and development.

EGGS — No organic allowed.



- Grade A or AA White Only
- Small, Medium or Large White Only

NOT ALLOWED

- Extra Large and Jumbo Eggs
- Free Range, Cage Free, Low Cholesterol, OMEGA 3, or Pasteurized Eggs
- Eggland’s Best, Gold Circle Farms or Good News Eggs

DRY PEAS, BEANS, LENTILS
No organic allowed.



- 16 oz. package
- Any type

NOT ALLOWED

- Barzi Beans
- Packages with seasoning packets

PEANUT BUTTER — No organic allowed.



- 18 oz. Jar only
- Smooth, creamy, crunchy, extra crunchy

NOT ALLOWED

- Health Valley, Arrow Head Mills or Fifty50
- Peanut Butter mixed with jelly, marshmallow or other flavoring
- Reduced fat peanut butter or peanut spread

FOR BREASTFEEDING WOMEN
(not receiving formula for an infant)



REMEMBER: Breastfeeding is the best for
you and your baby.

CARROTS — No organic allowed.



- 1 pound fresh
- 14-20 oz. canned sliced in water

NOT ALLOWED

- Baby or fingerling carrots
- Frozen carrots

TUNA — No organic allowed.



- 6 oz. canned chunk light tuna in water or oil

NOT ALLOWED

- Albacore tuna
- Low sodium tuna
- Foil Packs
- Lunch packs/kits of tuna
- Chunk white tuna

CEREAL These brands only. They have the iron you need.
COLD CEREALS • 11 OUNCE BOX OR LARGER
No organic cereal allowed.

Cereals with (*) provide 100% of daily folic acid.



Cheerios Plain or Multi Grain only*



Kix Plain only



Rice or Wheat* only



Malt-O-Meal Mini Spooners, Frosted, Maple & Brown Sugar, Vanilla Creme, Strawberry Cream*



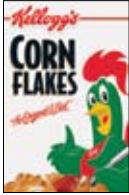
STORE BRAND CORN SQUARES/ BISCUITS/BITZ: (Like Corn Chex)
America's Choice
Flavorite
Great Value
Kroger
Meijer
Our Family
Roundy's
Spartan



Special K Plain only*



Bite Size or Big Bites Plain, Frosted only



Corn Flakes Plain only



Honey Roasted, Almonds, Cinnamon Clusters or Vanilla Clusters



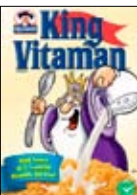
STORE BRAND CORN FLAKES: America's Choice
Flavorite
Great Value
IGA
Kroger
Meijer
Mornin' Gems
Our Family
Parade
Roundy's
Spartan



Banana Nut Crunch only



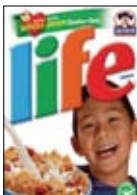
Bran Flakes



King Vitaman*



Hint of Brown Sugar and Cinnamon only*



Life Plain only*



STORE BRAND CRISP/CRISPY RICE: America's Choice
Flavorite
Great Value
IGA*, Kroger*
Meijer
Mornin' Gems
Our Family
Parade
Roundy's
Spartan*

HOT CEREALS Cereals with (*) provide 100% of daily folic acid.

You must have WIC clinic approval to buy Infant Cereal for a woman or child 12 months of age or over and have it listed on your coupon or shopping list.



STORE BRANDS: America's Choice
Great Value, IGA,
Flavorite, Kroger,
Meijer, Our Family,
Parade, Roundy's, Spartan



14 oz., 28 oz. or 12 oz. individual packets, Original Flavor only



Original or Chocolate only*



Individual serving packets only, Any Flavor



Individual serving packets only, Instant (Regular flavor only)

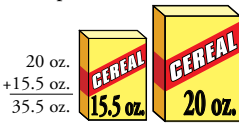


Instant and Vermont Style Oatmeal only



WAYS TO BUY UP TO 36 OUNCES OF CEREAL

You may combine cereal up to a total of 36 ounces per month.



46 OUNCES/UNSWEETENED 100% JUICES

Any of these juices with added calcium are allowed.

No organic juice allowed.



Any flavor plastic or can, no Harvest Surprise



Any type except V8 Splash, V8 V. Fusion, no plastic



Plastic or can



Purple or white only, plastic or can



Apple juice only



100% juice Any brand



100% juice Any brand or variety



100% Juice

FROZEN CONCENTRATE JUICES - 11.5 - 12 OZ.

Any of these juices with added calcium are allowed.



Any flavor with yellow peel strip 100% juice



Any brand or variety 100% juice



Any flavor Old Orchard with green peel strip 100% juice



Any brand 100% juice



Orange and orange blends 100% juice

NON-FROZEN CONCENTRATES - 11.5 OZ.

Any of these juices with added calcium are allowed.

Look in the canned juice aisle.



Any flavor with yellow band 100% juice



Any flavor 100% juice, no Harvest Surprise

EXAMPLES OF JUICE COMBINATIONS



= 2 Juice



= 2 Juice



= 2 Juice



= 2 Juice

INFANT JUICE — No organic allowed.



- Any brand or flavor
- Multi packs allowed

NOT ALLOWED

- Infant juice with yogurt
- Tender Harvest

CHEESE

8 OZ. or 16 OZ.

No organic allowed.

Buy least expensive domestic cheese brands. Cheese price restriction in effect in EBT counties. See message on shopping list.



- American
- Cheddar
- Colby
- Mozzarella (string, part skim, whole)
- Colby Jack (Cojack)
- Monterey Jack
- Muenster
- Swiss

ALLOWED

- 8 oz. or 16 oz. package only
- U.S. made prepackaged cheese
- Slices without individual wrapping
- Low sodium and low fat cheese of any of the above cheeses

NOT ALLOWED

- Individual wrapped cheese slices or sticks
- Cheese foods, products, whips or spreads
- Shredded, grated, cubed, crumbles, shapes or smoked cheese
- Variety wheels or variety packs
- Velveeta
- Cracker Backers or Stackers
- Cheese with pimientos, jalapeno pepper, caraway seeds, meat, etc.
- Soy or Farmers cheese
- Cheese curds

INFANT FORMULA

No organic allowed.

You must buy only the exact type and size container of formula listed on your WIC coupon or shopping list.

WIC Contract Formulas

Enfamil LIPIL with Iron



ProSobee LIPIL with Iron



LactoFree LIPIL with Iron



Enfamil A.R. LIPIL



Gentlease LIPIL



If your physician changes your formula, you must obtain WIC clinic approval and receive new coupons in order to buy the new formula.

INFANT CEREAL

No organic allowed.

- Beechnut, Del Monte, and Gerber dry infant cereal without fruit or formula. CHOOSE: Rice, Oatmeal, Barley, Mixed Grain
- Buy 8 oz. only box or carton

